



## **GREEN FINGERS CLUB**

*Let's Make Malta Green Again!*

**Nadia Cassar (Founder)**  
**Mob: +356 9949 7325**

## **FARMER'S SALAD**

### **Equipment:**

- 2 Chef's Knives
- 2 Salad Chopping Boards
- 5 large Bowls / Storage Containers
- 1 Julienne Carrot slicer
- 5 tongs or large serving spoons for each bowl

### **Ingredients:**

- 3 bunches Rucola, leaves chopped from stem
- 3 Lettuce, chopped in 1cm slices
- 2 bunches Basil and/or Parsley
- 10 Large Onions, very thinly sliced 2-3mm
- 13 Large Carrots (to be thinly sliced in long strands with the Julienne Slicer)
- 2 Cucumbers (if in season)
- Fresh Herbs
- Olive Oil
- 10 Lemons for Juice



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### **Recipe:**

1. Chop or slice the vegetables as explained above
2. Mix together in 5 large glass bowls/storage containers, making sure the bowls are full with veggies to have enough for everyone
3. Drizzle olive oil and squeeze 1 whole lemon juice on each bowl, mixing well.



In Collaboration With:





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# **BUTTERNUT SQUASH ROAST RECIPE**

**FIRST THINGS FIRST – Switch all 3 Ovens on 190 degrees Celsius or to 375 degrees Fahrenheit**

### **Equipment**

- 6 large Oven Dishes
- 2 Vegetables Chopping Boards
- 2 large Chef's Knives
- 2 Spoons
- 1 Medium Bowl to collect Squash Seeds
- 1 small bowl for Olive Oil
- Double blade Food processor (to crush nuts)

### **Ingredients:**

- 11 Butternut Squash
- 7 whole bulbs Garlic, cloves peeled and crushed
- 500 g Crushed nuts (buy by weight)
- Olive Oil
- Herbs (basil or parsley or marjoram)
- Salt & Pepper



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**Recipe:**

1. Switch all 3 Ovens on 200 degrees Celsius or to 400 degrees Fahrenheit before doing anything else.
2. Using the Chef's Knives and Chopping Boards, cut the Butternut Squash in quarters lengthwise
3. Spoon out the squash seeds into a bowl
4. Brush olive oil on all the skin and flesh of each pumpkin slice
5. Place on a baking sheet in 6 large oven dishes, and arrange all slices in these dishes.
  
6. Peel and crush all 7 garlic cloves with the Chef's knife and Sprinkle some on top of each dish.
7. Sprinkle some sea salt and ground pepper on all slices
8. Place in a pre-heated oven for 45 minutes to 1 hour
9. Clean & roast seeds in a frying pan with a little olive oil & sea salt, turning every minute;
10. Crush the walnuts in a double bladed food processor, to sprinkle on top when ready
11. Chop some basil or parsley to sprinkle on top
12. When out of the oven, check that each slice is super soft and cooked through.
13. Sprinkle Crushed Nuts and finely chopped herbs on top.



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## FRUIT SKEWERS

### Equipment

- 20 Fruit Skewers
- 2 Chopping Knives
- 2 Fruit Chopping Boards
- 2 Large Bowls / Storage Containers

### Ingredients:

Fruits in season

### Recipe:

Chop all Fruits in bite size pieces in a bowl, and insert different fruits in each skewer until full.